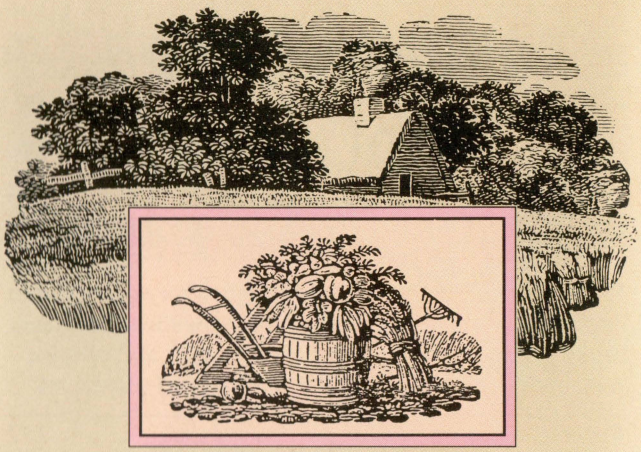
ONTARIO HERITAGE Recipes



CELEBRATING 100 YEARS OF CULINARY TRADITION

Heritage recipes provide a window to the past and stir renewed appreciation of the culinary specialties passed down for generations. Nowhere is this more true than in Ontario where traditional family recipes reflect our tremendously rich and diverse history.

The old recipes – and the comforting feelings that go with them – are more valuable now than ever. Early cookbooks highlight pies, cakes and desserts, the assumption being that all cooks knew how to prepare meat and vegetables!

But good cooking starts with good ingredients and in Ontario we are blessed with some of the richest agricultural land in the country. Ontario orchards provide luscious fruits; our fields offer fresh, crisp vegetables. Our pork and beef are renowned world-wide as are Ontario Cheddar and maple syrup. It's no surprise that much of our history revolves around agriculture.

The following heritage recipes are presented in celebration of the Ontario Ministry of Agriculture and Food's Centennial Year.

1888 1988

ONTARIO MINISTRY OF AGRICULTURE AND FOOD

FOODLAND ONTARIO

TRADITIONAL STRAWBERRY SHORTCAKE

Juicy, sweet strawberries always were considered a seasonal treat: eaten fresh with cream, made into jams and pies or mashed with sugar for sandwiches (a favourite for ladies' teas). This spectacular shortcake, created with traditional rich biscuit dough, is a timeless dessert.

4 cups	*Ontario Strawberries*	*1 L*
⅓ cup	*granulated sugar*	*75 mL*
2 cups	*all-purpose flour*	*500 mL*
2 tbsp	*granulated sugar*	*25 mL*
1 tbsp	*baking powder*	*15 mL*
½ tsp	*salt*	*2 mL*
½ cup	*butter*	*125 mL*
2 cups	*whipping cream*	*500 mL*
1	*egg, beaten*	*1*
2 tsp	*granulated sugar*	*10 mL*
1 tbsp	*icing sugar*	*15 mL*
1 tsp	*vanilla*	*5 mL*
	Additional butter	

Rinse and hull strawberries; reserve 6 whole berries for garnish and slice remainder. Place sliced berries in medium bowl and sprinkle ⅓ cup (75 mL) sugar over top. Set aside until serving time.

Meanwhile in large bowl, sift together flour, 2 tbsp (25 mL) sugar, baking powder and salt. Cut in butter until mixture resembles fine crumbs.

In measuring cup, beat ⅔ cup (150 mL) of cream and egg together; quickly stir all at once into dry ingredients to moisten. Form into ball and pat into ungreased 8-inch (1.2 L) round cake pan. Brush with 1 tsp (5 mL) of remaining cream and sprinkle 2 tsp (10 mL) sugar on top. Bake in preheated 450°F (230°C) oven for about 15 minutes or until golden brown. Turn out onto rack and cool for 30 minutes.

Before serving, combine remaining cream, icing sugar and vanilla; beat until stiff peaks form. With long serrated knife, slice shortcake in half horizontally. Place one cake layer on round serving platter, cut-side up; spread with additional butter. Spoon on sliced berries and any juice. Place second layer over berries and top with whipped cream. Garnish with whole berries and serve warm. Makes 4 to 6 servings.

Preparation Time: 20 minutes
Cooking Time: 15 minutes

CLASSIC PEACH PIE

Peach growing was well established in Ontario by the 1880's. This luscious fruit was roasted, dried in a slow oven, made into preserves and, from the very beginning, baked in delicious pies that are still the highlight of peach season today.

	Pastry for 2 crust 9-inch (23 cm) pie	
5 cups	*peeled, sliced Ontario Peaches*	*1.25 L*
½ tsp	*white vinegar*	*2 mL*
⅛ tsp	*almond extract (optional)*	*0.5 mL*
⅔ - ¾ cup	*granulated sugar (depending on sweetness of peaches)*	*150 - 175 mL*
3 - 4 tbsp	*all-purpose flour (depending on juiciness of peaches)*	*45 - 50 mL*
Pinch	*each salt and grated nutmeg*	*Pinch*
2 tbsp	*butter*	*25 mL*
1 tsp	*milk or cream*	*5 mL*
1 tsp	*granulated sugar*	*5 mL*

Place peaches in large bowl; sprinkle with vinegar and almond extract, if using. In small bowl, stir together sugar, flour, salt and nutmeg. Add mixture to peaches, toss to coat evenly. Turn peaches into pastry-lined pie pan. Dot with butter.

Make lattice for top using remaining pastry. Brush with milk; sprinkle with 1 tsp (5 mL) sugar. Bake in preheated 450°F (230°C) oven for 10 minutes; reduce heat to 350°F (180°C) and continue baking another 30 to 35 minutes longer, or until pastry is golden brown and peaches are tender. Makes 6 servings.

Preparation Time: 20 minutes
Cooking Time: 40 to 45 minutes

Upper Canada's earliest peach gourmet was Elizabeth Simcoe, wife of our first Lieutenant Governor. In her diary, dated July 2, 1792, she wrote that growing behind her tent-house, in what is now Niagara-on-the-Lake, were "three standard peach trees, which supplied us last autumn for tarts and desserts during six weeks, besides the number the young men eat. My share was trifling compared with theirs, and I eat thirty in a day."

Brown Betty Pudding

The first domesticated fruit to be widely used in Ontario, apples often were called the principal fruit of both Upper Canada and nineteenth century fruit cookery. Fresh or dried, they found their way to tables in pies, salads, apple butter, applesauce, dumplings and puddings such as the celebrated Apple Crisp or Brown Betty Pudding.

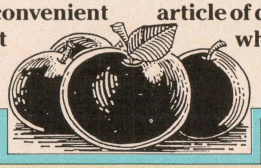
8	*medium Ontario Apples (about 2 lb/1 kg)*	*8*
½ cup	*water*	*125 mL*
¼ cup	*granulated sugar*	*50 mL*
½ tsp	*cinnamon*	*2 mL*
½ tsp	*vanilla*	*2 mL*
Pinch	*salt*	*Pinch*
½ cup	*packed brown sugar*	*125 mL*
¾ cup	*all-purpose flour*	*175 mL*
¼ tsp	*freshly grated nutmeg*	*1 mL*
½ tsp	*cinnamon*	*2 mL*
⅓ cup	*butter*	*75 mL*

Peel, core and thinly slice apples; place in buttered 8-inch (2 L) baking dish. In small bowl, combine water, granulated sugar, ½ tsp (2 mL) cinnamon, vanilla and salt; pour over apples and toss to coat.

In small bowl, stir together brown sugar, flour, nutmeg and ½ tsp (2 mL) cinnamon; cut in butter. Spread mixture over apples and bake in preheated 375°F (190°C) oven for 30 to 40 minutes, or until apples are tender and top is browned.

Serve warm with cheese, whipped cream or vanilla ice cream.
Makes 4 to 6 servings.
Preparation Time: 20 minutes
Cooking Time: 30 to 40 minutes

In Catherine Parr Traill's The Canadian Settler's Guide (1854), every settler was advised to plant an apple orchard since "not only are apples valuable as a most palatable and convenient article of diet, but also as one of the most wholesome."



Winter Cabbage Salad

Our grandmothers considered cabbage a staple and often preserved it as sauerkraut for winter meals. It was also shredded for salads and teamed with grated carrots, diced apples and minced onion – still a winning combination today. This simple salad is delightful served with sausage or pork chops.

4 cups	*shredded Ontario Cabbage*	*1 L*
2	*medium carrots, shredded*	*2*
1	*large apple, unpeeled and diced*	*1*
1	*small cooking onion, chopped*	*1*
	Cooked Salad Dressing (recipe follows)	

In large bowl, toss together cabbage, carrots, apple and onion. Moisten with 1 cup (250 mL) of the Cooked Salad Dressing (below).
Makes 4 to 6 servings.
Preparation Time: 10 minutes

COOKED SALAD DRESSING

¼ cup	*granulated sugar*	*50 mL*
3 tbsp	*all-purpose flour*	*45 mL*
1 tbsp	*dry mustard*	*15 mL*
1 tsp	*salt*	*5 mL*
Pinch	*cayenne pepper*	*Pinch*
2	*eggs*	*2*
1 cup	*water*	*250 mL*
1 cup	*milk*	*250 mL*
¾ cup	*vinegar*	*175 mL*
1 tbsp	*butter*	*15 mL*

In medium, heavy-bottomed saucepan or top of double boiler, combine sugar, flour, mustard, salt and cayenne pepper.

In small bowl, beat eggs; add to sugar mixture. Gradually stir in water, milk and vinegar. Cook over medium-low heat or simmering water, stirring constantly at first, then frequently for 10 to 15 minutes or until smooth and thickened. Stir in butter.

Dressing will thicken more upon cooling. Store in covered jar in refrigerator for up to 1 month. Makes about 3 cups (750 mL) dressing.
Preparation Time: 20 minutes
Cooking Time: 10 to 15 minutes

Spiced Chili Sauce

Pickles and relishes were very important for adding colour and zest to main dishes during the long winter. This classic sauce – fragrant with nutmeg, cinnamon and allspice – remains a perfect complement to meats and vegetables.

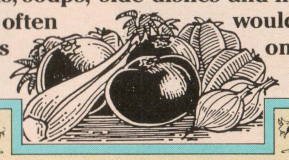
6 quarts	*Ontario Tomatoes, peeled and coarsely chopped*	*1.5 L*
8	*medium cooking onions, finely chopped*	*8*
5	*sweet red peppers, seeded and finely chopped*	*5*
3 cups	*finely chopped celery*	*750 mL*
¼ cup	*finely chopped hot red pepper*	*50 mL*
1 cup	*cider vinegar*	*250 mL*
2 tbsp	*coarse pickling salt*	*25 mL*
1 tsp	*each black pepper, ground cloves, ground allspice, ground ginger, cinnamon, grated nutmeg, celery seed*	*5 mL*
2 cups	*packed brown sugar*	*500 mL*

Place tomatoes in large, heavy preserving kettle or saucepan. Add onions, peppers, celery, hot pepper, vinegar, salt and spices. Stir to mix well. Bring mixture to boil, reduce heat and simmer, uncovered, about 2½ hours or until sauce is dark red and thickened. Add sugar and continue simmering another 30 minutes. Stir sauce often, especially after adding sugar.

Fill hot sterilized canning jars, leaving ½-inch (1 cm) headspace and seal immediately. Store in cool, dark dry place. Makes about 25 cups (6 L).

Preparation Time: 1 hour
Cooking Time: 3 hours

Until the middle of the nineteenth century, tomatoes were grown for their beauty and used as house decorations. When they finally were discovered to be edible and indeed, delicious, tomatoes were used in countless recipes. Early Ontario cookbooks describe them in salads, soups, side dishes and in a variety of relishes that often would accompany fried potatoes on farm breakfast tables.



Old-Fashioned Potato Soup

Potato soup was so popular with settlers it was eaten even for breakfast! Today, this delicious version is welcome for a hearty lunch or supper with crusty bread and Cheddar cheese.

6	*medium Ontario Potatoes, peeled and diced (about 2 lb/1 kg)*	*6*
2 cups	*chicken stock*	*500 mL*
¼ lb	*salt pork, rinsed or 4 slices bacon*	*125 g*
1	*medium cooking onion, chopped*	*1*
2 tbsp	*all-purpose flour*	*25 mL*
4 cups	*hot milk*	*1 L*
½ cup	*whipping cream*	*125 mL*
	Chopped chives or parsley	

In large saucepan over medium heat, cook potatoes in chicken stock for 10 to 15 minutes, or until soft. Without draining, coarsely mash in pan. Set aside.

Meanwhile, dice pork and fry in medium skillet until crisp; remove with slotted spoon to drain on paper towel. Set aside. In same pan, sauté onion until soft, about 5 minutes. Stir in flour and cook, stirring, for 2 minutes. Add onions to potatoes and stir well to combine. Gradually add hot milk; bring mixture to boil, stirring constantly. Boil gently 1 minute. Reduce heat to low and add cream. Heat through; do not boil.

Ladle into warm soup bowls; serve garnished with reserved pork and chives. Makes 4 to 6 servings.

Preparation Time: 20 minutes.
Cooking Time: 25 minutes.

FOODLAND ONTARIO

Ontario, there's no taste like home.

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